

**PARKINSON'S<sup>UK</sup> CHANGE ATTITUDES. FIND A CURE. JOIN US.**

## **'Active with Parkinson's'**

- Led by Level 4 Neurological Coach
- Improve your mobility
- Reduce Tremor, Rigidity and Depression
- Improve Posture
- Circuit class 2.30 - 3.30pm
- TMW (Tai Chi Movements for Wellbeing) Class 3.45 - 4.15pm
- Tea and coffee, 4.15 - 5.00pm
- Starting on Monday 15<sup>th</sup> January
- Venue - Memorial Hall, Manor Road, Little Easton, Dunmow CM6 2JR



**Interested? Contact Paul Goddard  
email [pwg.goddard@gmail.com](mailto:pwg.goddard@gmail.com)  
Mobile: 07794867344**